

Steps to Keep Your Family's Food Safe

Keep Refrigerator temperature at 40 degrees F or lower and freezer at 0 degrees F or lower

Refrigerate perishable foods immediately. If you suspect a frozen item has thawed, cook and eat it promptly.

Sore canned goods in a cool, dry place.

Thaw food in the refrigerator or microwave before cooking. Do not thaw food on the counter.

Prevent bacteria from spreading by washing hands, utensils, cutting boards and counters often.

Never eat raw meat, poultry, seafood or eggs.

Cook meats thoroughly; red meat should be cooked until it's no longer pink (160 degrees F), poultry juices should be clear (170 degrees F); fish should flake and eggs should be solid (160 degrees F).

Keep cold foods cold and hot foods hot.

Refrigerate food in small, shallow containers promptly after meals. Never leave food at room temperature for more than two hours.

Use leftovers within three or four days.

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North Dakota Agriculture



*...the trusted provider of the
highest quality food
in the world...*

Agriculture is North Dakota's #1 Industry



North Dakota ranks **FIRST** in the nation in the production of the following commodities:

1999	Percent of U.S.
Flaxseed	87%
Canola	80%
Durum Wheat	72%
Pinto Beans	45%
Sunflower	43%
Spring Wheat	33%
All Dry Edible Beans	25%
Barley	21%
Rye	14%

North Dakota's Top 5 Agricultural Exports

Wheat and products	\$223 million
Feed grains and products	\$100 million
Sunflower seed and oil	\$175 million
Vegetables and preparations	\$102 million
Soybeans and products	\$113 million
Overall	\$841 million



■ More than 25% of North Dakota's population is employed directly by agriculture or in agriculture-related business.

■ With cash receipts of more than \$3 billion, agricultural production and manufacturing make up more than 37% of North Dakota's economic base.

■ North Dakota consumers only spend 11% of their gross income on food, compared to 33% in Mexico and 18% in Japan.

■ North Dakota farms provide food and habitat for 75% of the state's wildlife.

■ North Dakota has 30,500 family farms and ranches. The average size of a North Dakota farm is 1,292 acres.

■ More than 39.4 million acres - nearly 90% of North Dakota's land area - is in farms and ranches.

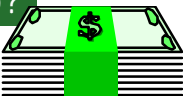
■ It takes just 40 days for most Americans to earn enough money to pay for their yearly food supply.

■ More than 8 out of 10 (85%) of consumers say farmers contribute a "great deal" to society.

■ North Dakota-based new generation cooperatives have about 8,600 members. These cooperatives generate more than 1,320 jobs.

Where Does Your Food Dollar Go?

Off Farm



Advertising	4¢
Transportation	4¢
Repairs and depreciation	5¢
Fuel, electricity & rent	7¢
Packaging	9¢
Interest, taxes, other costs	11¢
Labor	39¢

Farm

Farmers and ranchers	21¢
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What's in a Bushel?



Corn

1 Bushel = 56 Pounds

Soybeans

1 Bushel = 60 Pounds

Sunflowers

1 Bushel = 28 Pounds

Wheat

1 Bushel = 60 Pounds

Did You Know?

North Dakota farmers and ranchers annually produce enough:

- **Wheat** for 108 billion sandwiches
- **Barley** for 42 billion cans of beer
- **Potatoes** for two billion servings of french fries
- **Durum** for 93 servings of pasta for every American
- **Beef** for two billion hamburgers
- **Wool** for 640,000 sweaters
- **Milk** for 1.6 billion glasses
- **Pork** for 65 million porkchops
- **Sunflowers** to fill over 400 million bags of sunflower seeds
- **Soybeans** to make 122 billion crayons

